



Approved by:

Robbie

30 Days

2 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 – 6 7 & 8	Cross Rock, Chasse Right, Cross, Side, Behind & Heel Cross rock right over left. Recover onto left. Step right to right side. Close left beside right. Step right to right side. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Dig left heel diagonally forward left.	Cross Rock Chasse Right Cross Side Behind & Heel	On the spot Right
Section 2 & 1 – 2 & 3 – 4 5 & 6 7 – 8	& Cross, Hold, & Cross 1/4 Turn, 1/4 Turn Chasse, Heel Grind 1/4 Turn Step left back to place. Cross right over left. Hold. Step left to left side. Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side. Close left beside right. Step right to side. Dig left heel across right. Grind left heel turning 1/4 left and stepping right back.	& Cross Hold & Cross Quarter Quarter Chasse Heel Grind	Left Turning right Turning left
Section 3 1 & 2 3 – 4 5 & 6 7 – 8	Coaster Step, Walk x 2, Kick Ball Step, Diagonal Rock Step left back. Step right beside left. Step left forward. (3:00) Walk forward right. Walk forward left. Kick right forward. Step ball of right beside left. Step left forward. Rock right diagonally forward right. Recover onto left, turning to face left diagonal.	Coaster Step Walk Walk Kick Ball Step Diagonal Rock	On the spot Forward On the spot
Section 4 1 – 2 3 – 4 5 – 6 7 & 8	Cross, Back, Back, Cross, Back, Together, Forward Shuffle (Still on left diagonal) Cross right over left. Step left diagonally back left. Turn to face right diagonal and step right diagonally back right. Cross left over right. Straighten up to 3:00 stepping right back. Step left beside right (weight on left). Step right forward. Close left beside right. Step right forward.	Cross Back Back Cross Back Together Right Shuffle	Back Forward
Section 5 1 – 2 3 & 4 5 – 6 7 – 8	Cross Rock, Chasse 1/4 Turn, 1/2 Turn x 2, Step, Pivot 1/4 Turn Cross rock left over right. Recover onto right. Step left to left side. Close right beside left. Turn 1/4 left stepping left forward. Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Step right forward. Pivot 1/4 turn left. (9:00)	Cross Rock Chasse Quarter Full Turn Step Pivot	On the spot Turning left
Section 6 1 – 2 & 3 4 5 – 6 7 & 8	Cross, Scuff, Ball Step, Scuff, Step, Lock, Left Lock Step Forward Turn to face left diagonal and cross right over left. Scuff left diagonally forward left. Step ball of left beside right. Step right diagonally forward left. Scuff left diagonally forward left, swing round to face right diagonal. (Still on right diagonal) Step left forward. Lock right behind left. Step left forward. Lock right behind left. Straighten up to 9:00 stepping left forward.	Cross Scuff & Step Scuff Left Lock Left Lock Step	Forward
Section 7 1 – 2 3 – 4 5 – 6 7 & 8	Forward Rock, 1/4 Turn, Cross, 1/4 Turn x 2, Cross Shuffle Rock forward on right. Recover onto left. Turn 1/4 right stepping right to right side. Cross left over right. (12:00) Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side. Cross right over left. Step left to left side. Cross right over left. (6:00)	Rock Forward Quarter Cross Quarter Quarter Cross Shuffle	On the spot Turning right Turning left Left
Section 8 1 – 2 3 & 4 5 – 8	Side Rock, Behind Side Cross, Walk Around Circle Rock left to left side. Recover onto right. Cross left behind right. Step right to right side. Cross left over right. Walk round in a full circle turning right, stepping - right, left, right, left. (6:00)	Side Rock Behind Side Cross Walk Around	On the spot Right Turning right
Ending 1 – 2	Wall 6: Dance to count 36 (Chasse 1/4 Turn Left), then: Step right forward. Pivot 1/2 turn left. (12:00)		

Choreographed by: Robbie McGowan Hickie (UK) April 2013

Choreographed to: '30 Days' by The Saturdays (130 bpm) from CD Single; download available from amazon.co.uk or iTunes (32 count intro)

Choreographer's note: The music is not perfectly phrased, but it works and I chose to ignore any tags or restarts for the dance



A video clip of this dance is available at www.linedancermagazine.com